



Applied Behavioural Science  
For Return to Work

Esher House has used its proprietary approach to help deliver significant and encouraging improvements in outcomes for workers and work cover insurers.

To inform our solutions, we have researched:

- what's *proven* to work, *not* conventional wisdom.
- language used (GP, support worker, employer).
- mechanical analytics & interventions.
- "timing" interventions to genuine commitment.

**people's  
choice  
award**

**icare™  
tmf**

**2017 awards  
for excellence**

The model was proud winner of Australia's prestigious "icare people's choice award", in partnership with the Dept of Education NSW and Allianz.



### Did you know?

Resilient adults are 81.4% more likely to return to work.

*Stolove, Galatzer-Levy, Bonnano, Psychiatry Research (2017)*

Of a meta-analysis of 2,347 Abstracts on Return to Work Interventions, just

**2** treatments were found to effectively improve return to work outcomes.

*Nigatu, Liu, Uppal, McKinney, Rao, Gillis & Wang, Psychological Medicine (2016)*

Esher House's academically-validated findings are unequivocal.

Regardless of the medical diagnosis of an employee's injury, the worker's mental attitude has a remarkable impact on the speed and success of an individual's return to work.

Behavioural science has a huge role to play in improving the quality of support for injured workers, and the practice of employers, GPs, case managers and insurers.



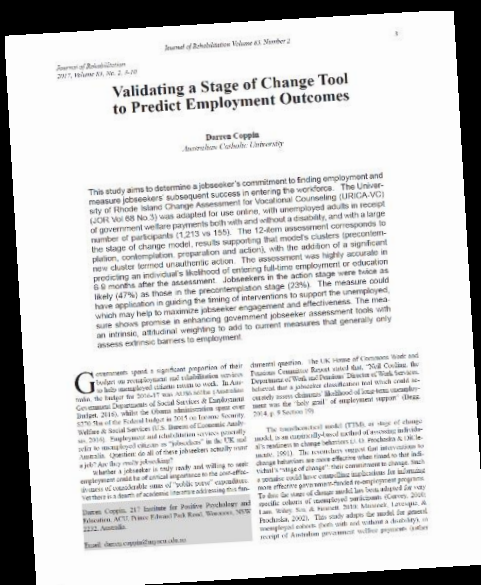
# PREVENTION, NOT JUST CURE.

Our field research with one of Australia's largest public-sector employers has helped to identify the key drivers of worker wellbeing that can be harnessed, as well as the eroders of worker resilience that may be addressed to improve mental health at work.

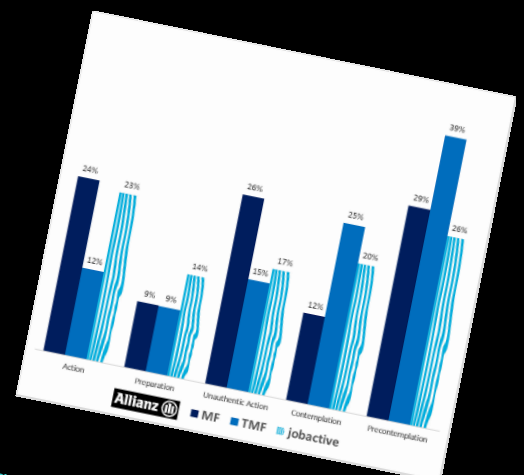


Esher House's proprietary worker assessment tool has been peer-reviewed and published in the Journal of Rehabilitation. Over 107,000 citizens have undertaken the assessment with the discovery and identification of profound differences in commitment to return to work, regardless of initial injury.

These differences in attitude inform precisely which different interventions and support from case managers works, and which do not. When coupled with medical and other extrinsic assessments, this approach has proven to deliver world-leading increases in return-to-work rates.



The 4 minute assessment can be undertaken by workers on their smartphones, and interventions may be delivered by Esher House staff, or your trained employees.



info@esherhouse.org  
 Australia United Kingdom Denmark USA